

## WHAT IS CLAIMED IS

1. A system for reducing human body weight to a permanent optimal weight level, comprising:
  - a. a portable kit that includes a plurality of foods with a known total carbohydrate content; and
  - b. spoiling prevention means for keeping said foods from spoiling.
2. The system of claim 1, wherein said plurality of foods is organized in groups of foods characterized by a substantially similar carbohydrate content, each of said foods contained in a separate container.
3. The system of claim 2, wherein said containers of each said group of foods characterized by a substantially similar carbohydrate content are stacked in levels, from a bottom level that includes a maximal number of containers with foods characterized by a substantially nil carbohydrate content, to a top level that includes a minimal number of containers with foods characterized by a high carbohydrate content.
4. The system of claim 3, wherein said number of levels includes three levels, said bottom level, a middle level and said top level, and wherein said bottom level includes four said containers, said middle level includes three said containers, and said top level includes one said container.
5. The system of claim 4, wherein said spoiling prevention means include cooling packs.
6. The system of claim 5, wherein said cooling packs are arranged in accordance with said levels to provide optimal cooling to each said container.
7. The system of claim 6, wherein each said level is color-coded.

8. The system of claim 7, wherein said color-coding is provided by said cooling packs being colored with a different color for each said level.
9. The system of claim 7, wherein said color coding include red for said top level, yellow for said middle level and green for said bottom level.
10. A method for reducing body weight in humans, comprising the steps of:
  - a. determining an optimal daily carbohydrate intake;
  - b. organizing foods in a portable device according to said optimal carbohydrate intake; and
  - c. freely consuming said food throughout the day, whereby the method provides permanent weight loss.
11. The method of claim 10, further comprising the step of cooling said foods to prevent spoiling.
12. The method of claim 11, wherein said step of organizing foods in a portable device includes providing a kit configured to carry food containers arranged in levels, each said level defined by foods with a substantially similar carbohydrate content.
13. The method of claim 12, wherein said step of cooling includes positioning cooling packs between said containers in each said level.
14. The method of claim 13, wherein said kit configuration includes a bottom level with a maximal number of substantially carbohydrate free foods, and additional stacked levels of progressively fewer said containers stacked above said bottom level, said stacking ending with a top level having a minimal number of said containers filled with foods of a maximal carbohydrate content.
15. The method of claim 14, wherein said additional stacked levels include a middle level inserted between said bottom and said top levels.

16. The method of claim 15, wherein said positioning of said cooling packs between said containers in said three levels includes positioning color coded packs, each said level including packs of a similar color.
17. The method of claim 16, wherein said positioning of color coding packs includes positioning green packs in said bottom level, yellow packs in said middle level and red packs in said top level.
18. A portable dieting apparatus comprising:
- a. an asymmetrically shaped kit that includes a plurality of food storage units; and
  - b. a plurality of foods having a known total carbohydrate content stored in said storage units according to a carbohydrate content order.
19. The apparatus of claim 18, wherein said storage units are separate containers.
20. The apparatus of claim 18, wherein said storage units include separate compartments in a one-piece enclosure.
21. The apparatus of claim 19, further comprising spoiling prevention means to keep said foods from spoiling.
22. The apparatus of claim 21, further comprising color-coding means for marking said carbohydrate content order.
23. The apparatus of claim 18, wherein said asymmetric shape includes a substantially pyramid shape with a wide bottom and a narrow top, and wherein said plurality of foods stored in said storage units according to a carbohydrate content order include carbohydrate-free foods stored in storage units near said bottom and at least one carbohydrate rich food stored in at least one storage unit near said top.